

NAVMED P-5010 Chapter 1

Food Safety Training

For

Food Managers and Supervisors

Developed 10/99 (Rev. 1/00) by NEPMU-5

Name:



Rules for Safe Food Handling

(section 3-5.1)

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Major Illnesses, Allergens, and Contaminants Caused by or Carried in Food (Appendix A)

Agent that causes Food-Borne Illness	Associated with the Following Foods	Prevention
<i>Bacillus cereus</i>		
<i>Campylobacter</i>		
<i>Campylobacter</i>		
<i>C. botulinum</i>		
<i>C. perfringens</i>		
<i>E. coli</i>		
<i>Listeria monocytogenes</i>		
<i>Salmonella</i>		
<i>Shigella</i>		
<i>Staphylococcus aureus</i>		
Scombroid toxin		
Ciguatera		
Heavy Metals		
Food Allergens		
Trichinosis		
Hepatitis A		
Norwalk Virus		
Foreign Objects		

Food Preparation and Serving

◆ 4-Hour Rule (section 3-5.3)

◆ Preventing Cross-Contamination

◆ Food employees must not touch exposed, ready-to-eat food with their bare hands except _____. (section 3-2.1)

◆ Food shall be protected from cross contamination by separating raw animal foods during storage, preparation, holding, and display from: (section 3-2.3)

- 1)
- 2)

◆ Name several ways in which packaged and unpackaged foods may be prevented from cross-contamination: (section 3-2.3)

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

◆ Pasteurized eggs must be substituted for shelled eggs under the following conditions: (section 3-2.5)

- 1)
- 2)

◆ Vegetables of uncertain origin and those purchased in foreign countries and/or suspected of being contaminated with pathogenic organisms must be chemically disinfected by what possible methods? (section 3-2.6)

1) Immersion for _____ minutes in _____ tablespoons of bleach mixed with _____ gallons of water, thoroughly rinsed; OR

2) Immersion for _____ minutes in _____ tablespoons of bleach mixed with 5 gallons of water, thoroughly rinsed.

Note: Head items such as lettuce must be _____ before disinfection.

♦ **Gloves:** (section 3-2.8)

♦ **Advanced Prepared Food** (section 3-5.6.1)

AP foods _____ be used as leftovers.

♦ **Reheating Advanced Prepared Food** (section 3-5.6.1 and 3-5.6.2)

After reheating AP foods to _____ °F within _____ hours, AP foods may be kept at _____ °F or above for the meal period, and must then be _____.

♦ **Leftovers** (section 3-5.6.2)

♦ **Reheating Potentially Hazardous Food** (section 3-5.6.2)

◆ **Prohibited Leftovers** (section 3-5.6.2)

◆ **Ice** (section 3-4.7)

Must be procured from a supplier listed in the _____

Machines must be cleaned _____ or more often as required.

Scoops shall be stored in the following manner: _____

◆ When discovered, a hazardous food item in a military food establishment will: (section 3-3)

1)

2)

◆ Examples of hazardous food items: (section 3-3)

1)

2)

3)

4)

5)

♦Hot Food Holding:

1) Food reheated in a microwave shall be covered, rotated and stirred until the internal product temperature reaches ____°F, then it must remain covered for ____ minutes to obtain temperature equilibrium. (section 3-4.3)

2) Hot food holding containers shall be pre-heated to at least ____°F prior to placing hot food in the containers. (section 3-4.3)

3) Potentially hazardous food held at 41-140°F longer than ____ hours are considered unsafe for consumption and must be destroyed. (section 3-5.6.2)

♦ Acceptable Thawing Procedures (section 3-5.7)

1)

2)

3)

4)

♦ Cooking Raw Animal Products: (section 3-5.2)

____°F for ____ seconds: Poultry, stuffing, stuffed meats, stuffed pasta, casseroles, field-dressed game, leftovers, any potentially hazardous food cooked in a microwave

____°F for ____ seconds: Pork, game animals, comminuted fish and meats, injected meats, eggs not cooked to order, ground or flaked meats, including sausage and gyros

_____°F for _____ seconds: Beef steaks, fish, veal, lamb, commercially raised game animals, shell eggs for immediate service

_____°F for _____ minutes: Beef roasts, corned beef

NOTES: (1) Table 1-4 is backwards: temperatures in Table 1-4 listed as °F are actually °C and temperatures listed as °C are actually °F. (2) Missing from NAVMED P-5010-1 is any statement about how to cook beef steaks or fish that's not stuffed or comminuted. The National Restaurant Association and FDA Food Code recommend 145°F for 15 seconds.

♦ **Cooling Foods:** (section 3-5.6.1)

♦ **Storing Cooled Foods:** (section 3-5.6.1)

♦ **Salad Bars:** (section 3-5.11)

♦ **Self-Service Items:** (section 3-5.12)

♦ **Commercially Prepared Meats/Cheeses:** (section 3-5.16)

♦ **Temporary Food Service:** (section 3-7)

Adult Learning Principles

Key Elements of Effective Training

Prepare:

Present:

Feedback:

Follow-up:

Identify Your Audience

Assess Their Training Needs

Establish Learning Objectives

Select Training Delivery Methods

Types of Training

Reading

Hearing

Seeing

Saying

Doing

Food Storage and Inspection

SPV: (section 3-1.1)

PMA: (section 3-1.3)

Quality Standards for Food Deliveries

Temperature Danger Zone: (section 3-5.3)

Calibrating Thermometers:

Organoleptic Testing:

Checking Temperatures of Deliveries: (section 3-1.4)

Acceptance of Supplies: (section 3-1.2.1)

General (section 3-1.2.1)

Meat and Poultry (section 3-1.2.2)

Fish and Shellfish (section 3-1.2.3)

Fruits and Vegetables (section 3-1.2.4)

Canned Foods (section 3-1.2.5)

Dry Food Items (section 3-1.2.6)

Milk (section 3-1.2.7)

Butter, Eggs, and Cheese (section 3-1.2.8)

Freezer/Refrigerator Requirements: (section 3-4.2)

(The following short answer items may be found in section 3-1.3.)

AVI stands for _____.

Inspection of food items conducted without the assistance of AVIs or Navy PMAs should be approached using _____ and _____.

Pathogens are microorganisms that may _____.

(The following short answer items may be found under "Definitions" or section 3-1.4.)

Definition of PHF:

PHFs must be cooled to an internal temperature of _____°F within _____ hours. Food must be _____ or protected from contamination.

Most PHFs shall be at a temperature of _____°F or below when received.

PHF that is cooked to the proper temperature shall be maintained at _____°F or above.

Foods labeled as frozen and shipped frozen by a food processing plant shall be received _____.

Upon receipt, PHF shall be free of evidence of _____.

Food Storage Requirements (sections 3-4.1 and 3-4.5)

_____ inches above the deck

At least _____ inches clearance between the tops of the stacks and the openings of the air ducts.

_____ inches away from bulkheads

Wood pallets are _____.

Thermometers must be: (section 3-4.2)

- 1) Accurate to within _____°F
- 2) Used to check spaces _____, especially during peak load and low load times.
- 3) Required range is _____ - _____°F for refrigerators and _____°F for freezers

Temperature logs must be maintained for all bulk cold storage spaces with accurate entries made at least _____. Refrigerators that contain advance prepared PHF will also have temperatures logged _____. Logs must be maintained in the facility for at least _____. (section 3-4.2)

PHF requiring refrigeration after preparation will be cooled to an internal product temperature of _____°F or below within _____ hours. (section 3-4.2)

Frozen food will be kept frozen and stored at a product temperature of _____°F or below. (section 3-4.2)

FIFO: (section 3-4.6)

Food exposed to refrigeration failure: (section 3-4.8)

HACCP

What is HACCP? (section 3-8.1)

The Seven HACCP Principles (section 3-8.2)

- ❶ Identify potentially hazardous food
- ❷ Identify the Critical Control Points (CCPs) in Food Preparation
- ❸ Establish Critical Limits for the CCPs
- ❹ Establish Procedures to Monitor CCPs
- ❺ Establish the Corrective Action(s) to be Taken When Monitoring Shows a Critical Limit Has Been Exceeded
- ❻ Establish Effective Record Keeping Systems
- ❼ Establish Procedures to Verify that the HACCP System is Working

Facility and Equipment Cleaning & Sanitizing

Clean means_____

Sanitary means_____

Manual Warewashing (section 4-2.2)

Implementing a Cleaning Program:

FACTORS THAT INFLUENCE THE CLEANING PROCESS:

FACTORS INFLUENCING THE EFFECTIVENESS OF SANITIZERS:

Facilities & Utilities:

Decks, Bulkhead, Overheads: (section 5-2)

Air gap: (section 5-6.1)

Lighting and Ventilation: (section 5-3)

Cleaning Gear Lockers: (section 5-5.3 and 5-5.4)

Handwashing Stations: (section 5-7.2)

Water Supply: (section 5-6.1)

Equipment Connections: (section 5-6.4)

Garbage Storage and Disposal: (section 5-8)

Food-Borne Illness (Appendix A)

Types of Food-borne Contamination

Biological

Chemical

Physical

Most Common Ways Food Becomes Contaminated

Time-Temperature Abuse

Cross-Contamination

Poor Personal Hygiene

Foods Most Commonly Incriminated in Food-Borne Outbreaks

Meat and Seafood Mixtures

Cooked Starchy Foods

Raw Sprouts

Sliced Melon

Garlic and Oil Mixture

Other High Protein Foods

Populations at High Risk for Food-Borne Illness

Microbiology

What Microorganisms Need to Grow:

F _____
A _____
T _____
T _____
O _____
M _____

Stages of Bacterial Growth:

1st Stage:

2nd Stage:

3rd Stage:

4th Stage:

Fungi

Molds:

Yeasts:

Food Irradiation:

Food-borne infection results when _____.

Food-borne intoxication results when _____
_____.

Training Requirements

Person in Charge

Definition: (Definitions section)

Knowledge: (section 2-1.2.1.A)

Training Requirements: (section 2-1.2.2.A)

Duties: (section 2-1.3)

Responsibilities: (section 2-2.5)

Food Employee

Knowledge Demonstration: (section 2-1.2.1.B)

Training Requirements: (section 2-1.2.2.B)

Responsibilities: (section 2-2.6)

Authorized Food Employee Training

Food Employee Training: (section 2-1.2.2.C)

Supervisor Training: (section 2-1.2.2.D)

Personal Hygiene

Medical Conditions prohibited among food employees:

Prohibited diseases (section 2-2.1.1)

- 1)
- 2)
- 3)
- 4)

Prohibited symptoms (section 2-2.1.2)

- 1)
- 2)
- 3)
- 4)
- 5)

Prohibited lesions (section 2-2.1.2)

- 1)
- 2)

<i>Medical Screening Requirements</i> (section 2-2.2)
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Medical Exclusions/Restrictions (section 2-2.3)

- 1)
- 2)
- 3)

If serving a high risk population:

- 4)
- 5)
- 6)
- 7)

<i>Medical exclusions/restrictions may be removed under the following conditions:</i> (section 2-2.4)
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Hand washing shall consist of the following: (section 2-3.1.2)

Hand washing shall be accomplished under the following conditions: (section 2-3.1.3)

Hand Sanitizers: (section 2-3.1.5)

Fingernails: (section 2-3.2)

Jewelry: (section 2-3.3)

Hair Restraints: (section 2-4.2)

Pest Control in Food Storage Spaces

Stored Products Pests (section 3-4.4)

Heavily infested

Lightly infested

Insects belonging to the genus *Tribolium*

Insects belonging to the genus *Trogoderma*

NOTE: Section 3-4.4(d)(1) should state that the entire lot must be condemned if any insect of the genus *Trogoderma* is found within any product. (Required by MIL-STD 904A.)

Integrated Pest Management (IPM)

Cockroaches

Flies

Rodents

Control Measures

Inspection Reporting Procedures

☐ **Frequency of Inspections:** (section 6-1.1)

☐ **Exemption from Inspections:** (section 6-1.2)

☐ **Inspection Report Forms:** (section 6-2 through 6-3.3)

☐ **Risk Categorization of Food Establishments:** (section 6-3.4)

Type 1 Facility (2 critical hits maximum):

Type 2 Facility (4 critical hits maximum):

Type 3 Facility (7 critical hits maximum):

Type 4 Facility (7 critical hits maximum):

☐ **Types of Inspections:** (section 6-3.5)

☐ **Scoring Methods:** (section 6-4.2)

☐ **Closure Criteria:** (section 6-5)

Facility Safety

(get lesson training guide from instructor)

Fire Safety:

Prevention of Falls:

Proper Lifting:

Knife Safety:

Safe Operation of Equipment

Meat Slicer/Vegetable Chopper

Dough and Food Mixing Machines

Steam Jacketed Kettles

Deep Fat Fryer

Microwave Oven

Garbage Grinder

Electrical Safety:

Heat Hazards:

MSDS and Chemicals:

Noise: